

# Introducing SWARM: Students With Active Role Models



*Photo: Gavin Young/Calgary Herald*

## Get rewarded for bringing physical activity to your school

The Kentucky Personnel Cabinet, the provider of your Kentucky Employees' Health Plan (KEHP) benefits, and the Kentucky Department of Education have teamed up to provide more incentives to schools to be physically active. Students With Active Role Models (SWARM) provides an easy, no-cost way for schools to utilize an existing program, HumanaVitality®, to support their local school policy and meet the recommendations of the Comprehensive School Physical Activity Program (CSPAP).

Through the SWARM initiative, teachers and staff who participate with their students in physical activity throughout the school year will gain additional Vitality Points™ that can be added to their overall Vitality Status®, and rewards that can be used to shop in the Vitality Mall.

Click [here](#) to download the SWARM packet, which includes an informational flyer, submission form and tracking calendar for your classrooms.

### **Additional resources for encouraging physical activity:**

[Center for Disease Control and Prevention CDC link for CSPAP](#)

[Let's Move Active Schools](#)

Kentucky Department of Education (KDE) [Coordinated School Health \(CSH\) page](#)

For more information about your wellness plan, visit [LivingWell.ky.gov](http://LivingWell.ky.gov).

**Humana Vitality**

